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H-Plus® Special Report

HEMI-SYNC® FLIPPING THE SWITCH/OPENING THE CHANNEL

by Helene M. Spreng

Helene Spreng is a writer and a member of the Professional Division. After spontaneously using H-PLUS Relax *during a violent tachycardia episode, she shared this account with the FOCUS.*

I occasionally experience an unpleasant and sometimes frightening racing of my heartbeat. My doctor has explained the phenomenon to me and says that it is not something to worry about. At the onset it feels as if a switch has been flipped. One minute I'm fine; the next I feel a strong pounding in my chest and my heart seems to be racing at top speed. It usually occurs when I've not gotten enough rest, and is sometimes triggered by bending and coming up too fast. At other times, I can be reading for an hour—perfectly relaxed—when, out of the blue, the switch flips.

This particular time, I bent down for something and came up fast. As I did, I felt the sudden hard, fast beating and heard the blood pounding in my ears. It was so strong, I felt that I might pass out. I got to a chair and sat down. My husband was six feet away around the corner in the dining room, but I could not call him; the pounding was too hard, my breath too short. The feeling of passing out remained strong. I immediately thought of H-PLUS but then my mind went blank. I couldn't remember the Function Command for *Heart: Repairs and Maintenance*. I knew I'd done other exercises that would help me (such as *Circulation* or *Tune-Up*) but could not even recall their names, let alone their Commands. Finally, the only H-PLUS exercise that came to mind was *Relax*.

I tried to take a deep breath in preparation for saying the Function Command but could only inhale one half of my usual capacity. Then I started to say the Function Command to myself: Plus-Relax, Relax. The moment I said "Plus" in my mind, the pounding heartbeat stopped. I was so surprised I forgot to say "Relax, Relax." Most surprising was the utter stillness and quiet that I felt in my whole system and the absolute certainty that the word "Plus" had triggered this instant change. The stillness and quiet were incredibly beautiful, like the utter stillness of deep contemplation, or, as I realized in retrospect, the stillness beyond Focus 12. I floated in this stillness. Then, as silly as this may sound, for a moment I thought I'd stopped my heart completely. I mentally panicked and began checking my body for signs: couldn't hear my heart beating, no movement, no breathing. Rational thought came to the rescue with the logic that if I'd stopped my heart with the "Plus," I wouldn't still be sitting in the chair. I noticed the cool glass of the tabletop under my arm; my eyes were definitely staring at the orange-brown

tiles on the kitchen floor. Maybe I couldn't hear breathing because I was still holding my breath. With this realization, I exhaled to complete the Function Command. As I released my breath slowly, I mentally said "Relax." At that moment I felt a strong, single, heartbeat in my chest and heard the beat 'in' my ears. I sensed an inner flutter of hesitation. Was the pounding, racing beat going to return? I finished the Command, letting out my breath slowly and saying the final "Relax." With that word, I felt the erratic, racing, and pounding beat wash out of me in a single wave; the wave continued outward beyond me, out of the room, out of the house. I felt fine, as I had before the episode.

Afterward it seemed strange to me that I'd not remembered Tune-Up, having used it many times. Why *Relax*? Then I remembered. My doctor said people do faint when this happens if they get too panicky. Her advice—RELAX! Sit down or lie down. And just RELAX!

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